



## Golden Oven Omelet

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



14

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.3 cup butter melted
- 18 eggs
- 1 cup milk
- 2 teaspoons salt
- 8 ounces cream sour

### Equipment

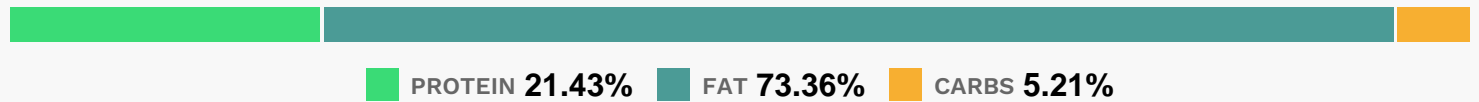
- bowl
- frying pan

- oven
- knife
- baking pan

## Directions

- Pour butter into a 13-in. x 9-in. baking dish. In a bowl, beat eggs, milk, sour cream, onions and salt until smooth.
- Pour into pan.
- Bake, uncovered, at 325° for 30–35 minutes or until a knife inserted near the center comes out clean.
- Let stand 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.29, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:6.4343478342761%

## Nutrients (% of daily need)

Calories: 152.49kcal (7.62%), Fat: 12.37g (19.03%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.6g (1.78%), Cholesterol: 230.81mg (76.94%), Sodium: 450.25mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Selenium: 18.34µg (26.2%), Vitamin B2: 0.31mg (18.3%), Phosphorus: 142.9mg (14.29%), Vitamin A: 535.94IU (10.72%), Vitamin B12: 0.64µg (10.64%), Vitamin B5: 0.99mg (9.91%), Vitamin D: 1.32µg (8.82%), Calcium: 70.66mg (7.07%), Folate: 27.68µg (6.92%), Zinc: 0.86mg (5.73%), Vitamin B6: 0.11mg (5.68%), Iron: 1mg (5.58%), Vitamin E: 0.76mg (5.06%), Potassium: 125.5mg (3.59%), Magnesium: 10.59mg (2.65%), Vitamin B1: 0.04mg (2.39%), Copper: 0.04mg (2.2%)